

COSMOPOLITAN

EXPERTS

sex advice

from Amy Levine, Cosmo's Carnal Counselor

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"How can I guide him to my G-spot?"

Q How can I help my boyfriend find my G-spot?

A Your G-spot will be easier to identify after plenty of fulfilling foreplay, because it swells as your arousal increases. Once you're revved up, lie on your back with your legs spread and knees bent. Ask your guy to add some water-based lube to his fingers, which will ease penetration. Also be sure his nails aren't jagged so they don't scratch your delicate internal tissue.

With his palm facing upward, have him gently slide his index and middle fingers a couple of inches into your vaginal canal and make slow come-hither motions against the front of your upper vaginal wall. It will feel like a small patch of engorged tissue that has a bumpier texture than the rest of your vaginal lining. If he reaches a structure that feels smooth and firm, like the tip of your nose, he's touching your cervix (the lower part of the uterus), and he's gone too far up.

The only way to really know if he's hit the bull's-eye is if stroking the area arouses you. Ask him to massage it in a rhythmic motion with varying amounts of pressure, switching among a flickering move, rubbing from side-to-side or tracing circles. Don't be surprised if you feel like you have to urinate. (Some women actually do release a fluid when aroused this way, which many experts refer to as "female ejaculation." For more info, read ["I feel like I'm going to pee during sex"](#)) The feeling usually subsides and with further massaging could lead to an awe-inspiring orgasm. But if you don't reach insta-ecstasy, don't fret -- not everyone experiences mind-blowing sensations when their G-spot is stimulated.

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